

The Kendalight

Kendal at Oberlin Residents Association

January 2023

Volume XXX, Number 1



To Mask, or Not to Mask? That Is the Question!

It's winter, various viruses are rampant, and it's more important than ever to think about wearing masks.

A year ago, we wore masks everywhere but were beginning to have in-person meetings and events. *The Kendalight* had a footnote on every page reminding us to check WKAO and the KORA calendar for "last-minute changes in location, transportation, and restrictions" due to Covid outbreaks.

By May 2022, we were feeling more confident. The footnotes disappeared, but with the caveat that we must remain vigilant and use our judgement. Eventually, masks were mostly required only in Stephens.

Now it's winter again and many of us have been ill with Covid, flu, cold, and other respiratory viruses. You won't see that footnote in *The Kendalight*, since we have all been "trained." But please do think about masks. Time not only to have the mask handy but to know when to wear it. Stay safe! ~*Kendalight* Editors

COFFEE HOUR WITH BARBARA THOMAS

WED., JAN. 11 - 9:30AM
FOX & FELL, ZOOM, KOTV

AFTERNOON EXCHANGE BARBARA THOMAS

WED., JAN. 25 - 4:00PM
AUD, KOTV

Welcoming 2023, the Year of the Rabbit!

The Asian New Year begins on Sun., Jan. 22, and features the **Year of the Rabbit**, a symbol of **Longevity, Peace, and Prosperity**.

Our community certainly represents **Longevity** in the most positive sense as we enter our 30th year since opening. Kendal at Oberlin has much to be proud of from 2022, but even more to look forward to. We now have a detailed ten-year (six-phase) Master Plan, with the first phase projected to start construction in June. As a reminder, we stretched the plan to ten years to both minimize construction fatigue and manage the costs in a fiscally sound way.

True, the world news around us is not the **Peace** we crave! We can, however, focus on our own daily actions impacting those closest to us. A helping hand or kind word can reduce the

anxiety and turmoil others may feel but are hesitant to share.

Prosperity is much more than wealth. Leaving the most difficult and costly years of Covid, we can put our energies toward thriving at Kendal and not just surviving. While the flu and Covid's variants are not going away, we have learned to adapt as needed to live our fullest and most meaningful lives. This looks different for individuals, but we have come to accept that too.

So back to the Rabbit and its similarities to our Kendal Community. A rabbit is kind, energetic, and resilient. It represents patience and treats others with respect. We can do a lot during 2023, embracing the rabbit in each one of us. Happy New Year to every one of you, as Kendal family.

~*Barbara Thomas, CEO, KaO*



A Safety Alert From Our Risk Manager

- A reported "near miss" occurred about 6:30am when a Kendal resident driver did not see a resident walking in the road until she got very close and fortunately steered away without colliding. The walker was dressed in dark clothing.
- Another Kendal driver stated, "Tonight a dark Someone and a dark Dog walked across the road in front of me – scary!"

Walkers: Don't expect car drivers to see you if you wear dark clothing.

Drivers: Drive slowly and be alert for pedestrians walking in the road.

All: Watch this brief video from the New York State Department of Transportation: <https://www.youtube.com/watch?v=JsVhdUv409s>

Please remember:

- Stay on the pedestrian pathways.
- Walk your dog on the pathway.
- Wear a light-reflective coat or jacket, or carry a lighted flashlight.
- Pass the word: "**Please, Friends – Stay outta the road!**"

~*Toni Merleno, Risk Manager*



Kendal at Oberlin Residents Association

Happy New Year! It feels like we're ready to start a new year of Kendal community adventures.

We finished the old year with our campus colorfully lit with holiday lights, a jubilant Solstice celebration, and meaningful celebrations of our community's diverse traditions and cultures.

Thankfully, many of us were able to be with family and friends in ways that we've missed during these strange Covid years.

Thanks to everyone who contributed to the Staff Holiday Fund. Together, we donated more than \$74,000 to provide gifts to our dedicated staff. It's so much nicer to pitch in together to show our appreciation so no one is left out.

We begin 2023 with two new KORA Council officers. I'm your new president, and Prudy Hall is the new vice president. Thankfully, secretary Anne Palmer and treasurer Bruce Richards will continue to serve on the Executive Committee. We welcome three new councilors: Janet Newman, Dina Schoonmaker, and Mary Van Nortwick, while Joyce Benjamin, George Blomgren, Rich Hall, Kari Inglis, Tom Konkoly, Barbara Pierce, Phil Pritchett, and A.V. Shirk continue as dedicated councilors.

Sincere thanks to retiring president and vice president Mary Behm and Charlotte McGowan. They have given their all during challenging times, as have retiring councilors Anne Lockwood and Mary Simons.

In January, the Council has an organizational meeting, so our next open KORA Council meeting will be on Thurs., Feb. 16, at 10:00am in the Heiser Auditorium. Together, we are looking forward to another great year here at Kendal at Oberlin.

~Rollin Conway, KORA President 2023

Upcoming LifeLong Learning Classes at Kendal

Please register for classes by contacting Kari Inglis by email.

Understanding Viruses. Tues., Jan. 17, 24, and 31, 10:30am–12:00pm.

Yolanda Cruz, Oberlin College Professor Emerita of Biology, presents a three-session course. **Heiser Auditorium only.**

Session 1: Viruses Everywhere. What kinds of organisms do viruses associate with? What do these associations look like? Are viruses useful to us?

Session 2: What, Exactly, Is a Virus? If we could see them, what would viruses look like? How do they get by and get around? Where do they come from?

Session 3: Verging on Life. Are viruses alive, and does it matter?

Significant Moments in Western Medicine. Tues., Feb. 7, 14, 21, 10:30am–12:00pm.

Kendal residents Rich and Prudy Hall present a three-session course. **Heiser Auditorium only.**

Session 1: Ancient Greek Medicine: Exit the Gods, Enter Hippocratesy. In ancient Greece, starting abruptly in the 400s, medicine became “scientific,” and that shift is universally ascribed to Hippocrates. Before him, the gods were believed to be responsible. Writings in the “Hippocratic Collection” eschew appeals to divine causation and in some cases explicitly criticize such appeals. Many of these writings cite an imbalance of bodily “humors” as the cause of illness, and the four-humor version of that theory came to dominate medical thought until the 1800s.

Session 2: From Humors to Germs: 1650-1900. What led medical practitioners to discard the four humors and the associated miasma theory as explanations for illness and to accept germs as the causative agents? We will examine some of the key observations and experiments responsible for this paradigm shift, including works of Leeuwenhoek, Pasteur, Lister, and Koch, as well as the technology that made the theoretical work possible.

Session 3: Medicine in 2123. We will ask the class to extrapolate from the present to discuss: What will the health field look like to our great-great grandchildren? Will there be major changes in what they think of as the causes of illnesses? In diagnosis? In treatments? In preventative medicine? In payment? In other health practices?

Lamas, Khan, and Emperors: The Politics of Tibetan Buddhist Art in Imperial China. Mon., March 6, 13, and 27, 10:30am–12:00pm. Venue yet to be determined.

Kevin Greenwood, Curator of Asian Art at Allen Memorial Art Museum, presents three lectures. The relationship between China and Tibet, although perceived by contemporary Westerners as defined by conflict, has a long, complex, and interconnected history. This series will highlight the connections as exemplified in great masterworks of Tibetan Buddhist art and architecture from the 13th to the 18th centuries. These works were made for, and sometimes by, the most important religious and political figures in China, Tibet, and Mongolia. Often displaying a synthesis of Chinese, Tibetan, and Mongolian artistic styles, and with subtle political meanings, these works of religious art range from the awe-inspiring to the sublimely beautiful.



Kendal at Oberlin Residents Association

**Next KORA Council Meeting
Thurs., Feb. 16 - 10:00am
AUD and KOTV**

Thursday Health Lecture Cultivating Psychological Resilience:

Part 3, The Continuum of Intimacy with Self and Others
Feb. 2 - 7:15pm
AUD and KOTV

Part 3 explores ways in which resilience is enhanced by high-quality relationships with others.

What is a high-quality relationship? How can we develop high-quality relationships and navigate the challenges of developing and maintaining them?

This lecture is developed and presented by Jesse Carlock, Kerry Glaus, and Bud Spierling. We strongly encourage everyone to join us in the auditorium for audience participation.

Solo Diners

Tues., Jan. 24 - 5:30pm - Den

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing. Sign-up sheet is posted by the open mailboxes the week before. Note that the Den holds only 16 diners.

New Vistas, New Perspectives: The Cosmos as Seen by JWST

Mon., Jan. 9 - 7:15pm
AUD and KOTV

The recently launched deep-space telescope has begun to return remarkable images to earth. Dr. Jillian Scudder, Associate Professor of Physics & Astronomy at Oberlin College, will guide us through what distinguishes Hubble images from JWST images, why the images are so different, and some of the newly visible features of our universe, unveiled by this new piece of technology orbiting the sun. With many more images to come, we've only started to learn from JWST.

Dr. Scudder's research focuses on understanding how relatively nearby galaxies operate, studying the contents of their gas and how they form new stars. She has been writing about space for the general public since 2013, and has published two books for the lay audience: *Astroquizzical* (Icon Books) and *Astroquizzical: The Illustrated Edition* (MIT Press). *The Milky Way Smells of Rum and Raspberries* (Icon Books) will appear in 2023.

🎵 Music at Kendal 🎵

Live Chamber Music at Kendal at Oberlin

The Sunday afternoon live music concerts in Heiser Auditorium continue, although Oberlin students are still on leave for the holidays. Watch WKAO and the bulletin boards for additional concerts.

Jan. 8, 4:00pm, AUD Zephyr (KaO recorders)

Jan. 15, 4:00pm, AUD piano recital

Oberlin Opera: *Alice Tierney* (world premiere) 🚗 **Fri., Jan. 27 - 8:00pm - Finney**

The story, developed at Oberlin by composer Melissa Dunphy and librettist Jacqueline Goldfinger, follows four archeologists who unearth clues to the mysterious death of Alice Tierney in Colonial Philadelphia.

This world-premiere production is presented through the Oberlin Opera Commissioning Program, made possible by a gift from Elizabeth and Justus (OC '71) Schlichting.

Free; reservations required. Contact Central Ticket Service in Hall Auditorium at 440-775-8169 or 800-371-0178. Sign up for Kendal bus.

Renee Romano: Whistling Dixie and Whitewashing Blackface - Erasing and Contesting Racism in an Ohio Town

Mon., Jan. 16 - 7:15pm - AUD and KOTV

Examining Racism in America to Forge a More Equitable Future

Renee Romano, Robert S. Danforth Professor of History and Professor of Africana Studies and Comparative American Studies at Oberlin College, will explore the history of Daniel Decatur Emmett, a leading blackface minstrel performer of the 1840s and 1850s, best known as the composer of *Dixie*, the battle anthem of the Confederacy. She will weave in her own experience of her multiracial family living in Mount Vernon, OH, Emmett's home, where he is heralded as an important part of the town's history.

Farah Emeka: Achieving Racial Equity in Education

Wed., Feb. 1 - 7:15pm - AUD and KOTV

Farah Emeka, member of the Oberlin City Schools Board of Education and Prosecutor for the City of Oberlin, will address the issue of racial equity in education. She will specifically talk about finding racial equity in Oberlin schools.

Both programs are part of the Kendal at Oberlin Racial Equity Forum.



Lunch Bunch:

Don Tequila, Amherst

Wed., Jan. 11 - 11:30am 🚗

Calling all foodies to Amherst for exquisite salads that will change the way you see Mexican food. At Don Tequila they choose only the best ingredients and pride themselves on flavor.

Sign up for the Kendal bus. Bus cost is \$10, cash or check made out to KORA. Lunch on your own.

Questions? Ask Gerry Findlan.

Saturday Night Movies

7:15pm - AUD, KOTV

Jan. 7 - Children of a Lesser God (1986) A new speech teacher (William Hurt) at a school for the deaf falls in love with a young deaf woman working as a janitor (Marlee Matlin, awarded the Best Actress Oscar for this role).

Jan. 21 - Seventh Seal (1957) Special showing at 3:00pm. Resident Mack Peel will introduce the film and lead a discussion of the film's profound insights afterward. See *The Quest for Meaning* description on p. 5.

Second Saturday Film

Jan. 14 - 7:15pm - AUD

Balzac and the Little Chinese Seamstress (2002) Chinese film. During the final stages of China's cultural revolution, two city teens are sent for a Maoist re-education in a mountainous backward region. They discover a hidden suitcase filled with banned books by western writers.

Dwight Call will lead the discussion after the film.

Sunday Movies

7:00pm - WSCC

Jan. 1 - *The Good Nurse* (2022)

Jan. 8 - *The Black Swan* (1942)

Jan. 15 - *Selma* (2014)

Jan. 22 - *Gilda* (1946)

Jan. 29 - *The Swimmers* (2022)

Monday Documentaries

7:00pm - WSCC

Jan. 2 - *Forgotten Ellis Island* (2018)

Jan. 9 - *Black Holes: The Edge of All We Know* (2020)

Jan. 16 - *13th* (2016)

Jan. 23 - *The End of the Romans* (2022)

Jan. 30 - *Ancient Maya Metropolis* (2022)



Art Gallery News

The **Kendal Gallery** features the photography of Stuart Pearl in an Artist Archives of the Western Reserve Satellite Show through the end of January. Of his current photographic work, he writes, "Today I use the camera to create visual narratives of Northeast Ohio's transformation, as well as other projects in which I am involved. These include interesting patterns and abstract illusions taken from everyday life, which I compose in a way that challenges the viewer's perception." His artist's talk will be in Heiser Auditorium on Fri., Jan. 6, at 4:00pm. This show will be followed by the paintings of William Martin Jean, opening on Tues., Jan. 31.

Helene Aarons' show of Dimensional Collages, *Finding Joy in Second Chances*, on display in the **Community Gallery**

through February 2, brings together two joys, miraculous beauty in nature and quirky once-used ordinary things. Her artist's talk will take place in Heiser Lounge on Thurs., Jan. 12, at 4:00pm.

In the **Friends Gallery**, Randall James' exhibition of Collages, *Inside Out*, opens January 9 and continues until early March. Juxtaposing colors, shapes, texts, and more in imaginative patterns, he says of his vision, "There is a unity in our multiplicity; a kind of beauty in the arrangement and re-arrangement of the misplaced and forgotten."

On exhibit in the **Curio Cabinet** is hand-made jewelry created by Ruth Aschaffenberg, owner of Bead Paradise, from unusual metals, objects, and beads collected around the world.

Beginning in mid-January, the **Marketing Display Case** will show arts and crafts of Mexico from the collection of Robert Taylor and Ted Nowick.

Community Conversations

Art as a Gateway:

Museum-Based Teaching at Oberlin College

Wed., Jan 18 - 7:15pm - AUD and KOTV

Hannah Wirta Kinney, Curator of Academic Programs at the Allen Memorial Art Museum, will discuss the diverse ways that works of art are used to teach subjects from geology and biology to history and literature, as well as museum initiatives that use the collections for community-building among students.

Tuesday Themed Films

1:00pm - WSCC

Jan. 3 - *Inside Out* (2015)

Jan. 10 - *Christopher Robin* (2018)

Jan. 17 - *The Princess Bride* (1987)

Jan. 24 - *Freaky Friday* (1977)

Jan. 31 - *Jungle Cruise* (2021)

Thursday Movie Musicals

2:00pm - WSCC

Jan. 5 - *Lyle, Lyle, Crocodile* (2022)

Jan. 12 - *Disenchanted* (2020)

Jan. 19 - *In The Heights* (2021)

Jan. 26 - *Hello, Dolly!* (1969)

For movie descriptions and details, see www.imdb.com.

The Kendal cable channels are:

- WKAO: 919, 19-1, OR 95-100
- KOTV: 920, 19-2, OR 95-101
- WSCC: 921, 20-1, OR 96-100

**The Quest for Meaning: View *The Seventh Seal*,
“One of the Great Classics of World Cinema”
Sat., Jan. 21 - 3:00–5:15pm - AUD**

Join us for a special presentation of Ingmar Bergman’s 1957 film *The Seventh Seal*, led by Kendal resident Malcolm (Mack) Peel.

Attendees will not only see this classic film but also hear an introduction by Mack, former Wallace Alston Professor of Bible and Religion at Agnes Scott College (Decatur, GA) and Guggenheim Fellow. He will lead a post-viewing discussion of the film’s profound insight.

Follow the quest of Swedish Knight Antonius Block (Max von Sydow) after his return from an abortive Crusade to the Holy Land and confrontation with the sinister figure of Death (Nils Bengt Folke Ekerot) in the midst of the arrival of the Black Death.

A chess game ensues between the Knight and Death, with the Knight seeking answers to life’s meaning. Other distinguished actors play roles exhibiting agnosticism, atheism, fanaticism, hypocrisy, faith – all done with haunting honesty toward a God who is always silent. Join us!

**Our Broken Immigration System:
Symptoms, Causes, Cures
Thurs., Jan. 26 - 7:15pm - AUD and KOTV**

If you’re looking for a definition of insanity, this surely must be it:

In a country where we depend on immigrants to rebuild our hurricane-shattered cities, pick our crops, deliver everything we need in pandemic times, and care for our children and the elderly...

In a country with a negative birth rate, where the future of Social Security depends on increasing the number of younger workers...

We nevertheless choose to maintain an immigration system that turns away the very people we need, while demonizing them for doing the work we rely on.

How is it that the country clings to a dysfunctional immigration system?

Please join us when Steve Volk, Professor of History Emeritus at Oberlin College, will tell how local efforts to support immigrants underscore in so many ways how immigrants have always strengthened us and our communities. Questions and comments welcome!

Steve Volk taught at Oberlin College from 1986 to 2016 and is an active member and founder of Oberlin Community Supporting Immigrants. He has written widely about immigration and has worked directly with immigrants, especially with legal matters.

**Play Readers: *Shadowlands* by William Nicholson
Fri., Jan. 27 - 1:30pm; Sat., Jan. 28 - 7:15pm - AUD and KOTV**

Shadowlands is about the unlikely romance between Oxford don C.S. Lewis and American divorced poet Joy Davidman Gresham. He’s a famous Catholic writer and author of fantasy novels while she’s a Jewish convert to Catholicism, a former Communist, who insults Lewis’ misogynist friends.

When Joy develops a terminal case of cancer, the confirmed bachelor realizes much-younger Joy is more than a friend, admits his suppressed love, and finds his faith challenged by her suffering. Their poignant love story probes how pain and love make us fully human.

Actors Sandi McClennen, Phil Pritchett, Jack Secrist, Jim Underwood, Andy Unger, Anne Wardwell, and Ed Wardwell are directed by Phyllis Gorfain.



**Masquerade Ball!
Fri., Feb. 17 - 7:00pm - AUD**

The purpose of this event is universal enjoyment. More details will appear in the February *Kendalight*. Start getting your costume together!

~David Dauphiné, Jack Mosher

**Please Turn in
Your Volunteer Hours
for the Year-End Count**

Soon after January 1, you will receive a form in your open mailbox asking you to list the number of hours you volunteered in 2022.

Every year our residents and staff record and submit the number of volunteer hours they have served both within and outside of Kendal. Please fill it out, guesstimating if necessary. And don’t forget your volunteer activities in the larger community!

Then return the completed form to Box 121 by Fri., Jan. 27. The Volunteer Committee will collate all the forms and total the number of hours. Questions? Contact Anne Elder.

~Volunteer Clearing House Committee

Where to Find Contact Info

- **Kendal at Oberlin Directory**, printed and distributed in February.
- **KaO PDF Directory**, distributed via email to all residents.
- **Bulletin Board**, near photos of new residents. Make these corrections and additions to your printed directory.
- **Online Resident Directory**, in the resident database (www.kaores.net), click “Directory.” Note: you must either be on the Resident WiFi network or be logged in to access this information.

2023



**Happy Asian New Year
(Year of the Rabbit)
Sunday, January 22**



From Your Editors – About Holidays

Any idea how many holidays *The Kendalight* recognized or celebrated in the past year? They included New Year's Day, Mother's Day, Memorial Day, Father's Day, Independence Day, Labor Day, Halloween, Thanksgiving, Winter Solstice, Chanukah, Christmas, Boxing Day, and Kwanzaa. We also recognized Black History Month and Gay Pride Month. We know we missed Asian New Year, Easter, Passover, Diwali, Ramadan, Rosh Hashana, and a few federal holidays in 2022. And we should add Twelfth Night, Orthodox Christmas, Orthodox Easter, and the Bahá'í New Year in 2023. What else?

The Kendalight strives to be inclusive by acknowledging days that are special to Kendal at Oberlin residents. Our policy is to note such days in the calendar and to highlight events held by residents to celebrate these days.

BUT WE NEED YOUR HELP. It's up to you to let us know if there is a day special to you that we haven't included. And if you celebrate with an event, be sure to give us an article about it (preferably by the 15th of the month before the event)!

Thanks, everyone, and have a happy and safe 2023!

~Elizabeth Aldrich and Suzanne McDougal



**Celebrate
Twelfth Night
Friday, Jan. 6
5:00-5:30pm - HL**

All are invited to a celebration of the twelfth night of Christmas in Heiser Lounge. Learn the meaning of the Epiphany, sing some carols, and hear the story of the Wise Men. Come and share in the closing of the Christmas season. For more information contact Gary Olin.

Thanks for the Memories

**To everyone who helped make Solstice 2022
'Tis the Season to Be Jolly a success!**

From the on-the-spot help from Facility Services, to the ushers and the volunteers who helped tidy Heiser Auditorium afterwards, YOU made it happen.

The Solstice Choir, with Polly McIlrath (a new resident) at the piano, and the Bel Canto Ringers, making their debut at Kendal directed by Betsy Allen (a relatively new resident), opened the show with a grand processional and several musical offerings appropriate to the theme *'Tis the Season To Be Jolly*.

We couldn't have Solstice here without the reading of *The Shortest Day*, and Posie Dauphiné certainly read it beautifully again this year.

Then we met the marvelous Elves (Dan Reiber and David Dauphiné) and the hilarious Jesters (Maxine Houck and Dianne Haley). Their antics kept us smiling and ready for the next scene change all evening.

What a perfect selection of holiday music the Toot Sweet recorder ensemble chose for the next segment! They played beautifully and acknowledged

the loss of founder Mary Lee Orr, who practiced with them right up to two days before her death in November.

The Kendal Strings played two movements from the *Winter* section of Vivaldi's *Four Seasons*. Tom Morgan and Vincenzo Santone read descriptions, in English and then in Italian.

It wouldn't be a Kendal Solstice without the Stephens Care Center Bell Choir, who were prerecorded because of Covid restrictions earlier in the month. They could attend that night to see themselves on the big screen.

Two original skits written by Don Parker came next, expertly delivered by Carol Conti-Entin, Kathy Hazelton, Tom Morgan, and Don.

Let It Snow was the perfect duet to close the show, sung by Pauline Handman and Robert Taylor and accompanied by Betsy Baumbach at the piano.

When we see the photos from this grand occasion on the Around Kendal bulletin board, you may thank our photographer, Sally Nelson-Olin.

A summary wouldn't be complete without a special thank you to Robert Taylor, who spent untold hours organizing this program into a delightful 70 minutes. ~Special Events Committee



Spring Fling! Is Coming!

It's time for the Special Events Planning Group to turn its attention to our next community-wide event, Spring Fling! The planning group will be happy to consider all ideas, the more the merrier.

We will keep you posted as our thoughts begin to come together.

~Carol Harvey, Chair



We're making room for residents interested in making mosaics to join fellow resident David Dauphiné on Thursday mornings, 10-11:30am, beginning January 5 and initially scheduled over the following six weeks.

We thought that others would like to join David as he copies a fragment of original Roman mosaic in traditional marble tesserae with smalti highlights.

You might like to create your own design and work alongside David with some of the many possible mosaic materials.

This is an invitation to learn and create together. David has some experience in making mosaics and is learning as he goes, using these traditional materials. He's not a teacher of the mosaic craft, but he does have resources to share with you in getting started on your own project. These include YouTube instruction videos, sources for materials and tools, and experts available by phone to answer specific questions.

The cost of making a mosaic depends on the backing or frame and the materials chosen. A common practice is to use broken china as stones. Looking for a way to dispose of unwanted china? A look online can define choices for you and perhaps stimulate your creative juices.

For the novice, a good way to begin is to purchase a mosaic kit online. These are all-inclusive and can be purchased for \$25 to \$95.

Contact David to sign up and we'll be sure to make space for you in the Art Studio on Thursday mornings, beginning January 5.

In January, the Art Studio will have a four-week class on Drawing With Color, using pastels and colored pencils. The sessions will be Mon., Jan. 9, 16, 23, and 30 at 3:00-5:00pm.

The class is full, but you can sign up for the back-up list in case someone drops out. *~Joyce and Don Parker*



KORAtech Update

KORAtech is a group of Kendal residents willing to help you solve problems you have with your desktop and laptop computers, tablets, cell phones, printers, scanners, etc. Questions about Mac or PC/Windows? iPad or Chromebook or Kindle? iPhone or Android? Word, email, Libby, or other software/apps? KORAtech volunteers will try to answer your questions (for free!).

Also, if you have experience in any of these areas and would like to join KORAtech to offer occasional assistance, please let us know. Thank you!

The new KORAtech contact person is Deborah Gray. Email her using the KORAtech address koratech@kaores.net, call or text Deborah directly, or fill out the paper request form available at the Heiser Reception Desk.

Suggestions and Concerns

**Mon., Jan. 9 - 2:00pm
Crossroads Room**

Members of this committee will listen to your suggestion or concern in confidence (and privately, if you wish), discuss it with you, and refer the matter to the appropriate department head or committee chair. Questions? Contact Chair Anne Lockwood.



North Shore Line streetcar at Lake Bluff station, on its way to Milwaukee.

Catch the Trolley on Second Thursdays!

Live action comes to Heiser Lounge as Rod Knight runs the late Len Garver's trolleys on a 1950s model of Milwaukee. Len brought the model to Kendal with him, and he and Rod updated it over the years.

Watch, tell your story, try your hand at the throttle! Thurs., Jan. 12, 5:15–6:15pm in Heiser Lounge. Join the fun!

More About Kendal's Residents

Recent Moves

Bill and Frankie Long from Pittsburgh, PA, in early December.

Tom and Eleanor Klosterman from Oberlin, OH, in late December.

Roger and Carol Hall to Whittier.

Introverts Unite!
Contact Suzanne McDougal

Remember! Wear your name tag so newcomers (and old-timers) can tie your name to that face!

Kendal Kryptogram #213 – by Nina Love

BOOK READ INTO WE WLO PAXPLCXO NXZ REA

TNXXEW POO N PLNZEM.

~LOGOX BOGGOD

Solution to Kryptogram #212: "Winter is on my head but eternal spring is in my heart."
~Victor Hugo



American Sign Language Classes at Kendal!

Teacher Jaison Anderson and three of his Oberlin Schools American Sign Language students are offering an eight-week class here at Kendal! The class will be on **second and last Fridays at 1:30pm in the Education Center Training Room**. Class dates:

- January 27
- February 10, 24
- March 10, 31
- April 14, 28
- May 12

This is a great skill for anyone! If you would like to sign up for the class, please email Michele Tarsitano-Amato at mtars@kao.kendal.org to reserve your spot.

ALL are welcome to attend.



Where 2 Turn?
Mon., Jan. 16
2:00pm
Green Room

Bring questions or topics to discuss.

KENDAL RESALE SHOP

Benefiting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

Wednesday–Saturday
11:00am–5:00pm
(closed Sunday–Tuesday)

DONATE!

Bring your donations of clean, gently used, ready-to-wear clothing and usable household items to the box outside the shop, 24/7.

Given to RAF, year to date:

Total contribution: \$49,091.



Library Notes

New Year's Resolutions

As resolutions and vows for improvement of self are customary at the start of a new year, your Kendal Library has on exhibit this month some books to help you make those resolutions and keep them. A sample of titles from this month's exhibit organized by Mary Clare Beck includes:

- *How to Keep an Open Mind; an Ancient Guide to Thinking Like a Skeptic*, by Empiricus Sectus
- *Remember; the Science of Memory and the Art of Forgetting*, by Lisa Genova
- *Chatter; the Voice in Our Head, Why It Matters*, by Ethan Kross

A suggestion for a resolution: Look for any books that you have borrowed from the library and return them.

Gayle Sherry's recent inventory of fiction books revealed that many books are missing – 65 in all. It would be good to see them back on the shelves ready for the next reader to borrow. It would also help if, when borrowing a book, you sign the card in the back of the book and drop it off at the desk.

Thank you and best wishes for the New Year, including entertaining and insightful reading adventures in 2023.

~Joan Long

BIG BUS Trip to The Cleveland Museum of Art **Wed., Jan. 4, 2023**



Lv.: 9:30am; Return: 4:00pm

Just a reminder. If you signed up for the trip to CMA to see *Impressionism to Modernism: The Keithley Collection*, museum members can see the Keithley Exhibit for free.

~Kathy Hazelton and Gerry Findlan

Artist Recital Series Finishes 2022–2023 Season

- **Sun., April 30, 2:30pm, Finney.** Pianist Bruce Liu. For ticket information call the Eric Baker Nord Performing Arts Complex at 440-775-8169. Senior discounted tickets are \$30 per concert.

~Allen Huszti

Transportation Talk Musical Selector Needed!

The Kendal Transportation Committee is looking for a new member to become Selector of the Oberlin Conservatory musical events to be attended by Kendal residents. Allen Huszti, our current Selector, has done a wonderful job for 14 years, but he will be retiring next year. The committee hopes to enlist two to three residents to form a Selection group and share tasks. Allen will be available to help.



Generally, a mixture of six to eight choral and orchestral events are selected each month from a range of musical histories or styles, including jazz, staged on the Oberlin campus. Recorded Metropolitan Opera productions are available in summer at the Apollo Theater.

Kendal buses transport residents to and from events on the Oberlin campus, leaving from Heiser Center. Sign-up sheets are posted on the shelf under the mailboxes one week in advance of each event.

If you are interested in participating, contact Barbara Barna, chair of the Kendal Transportation Committee, and plan to attend our next meeting in the Green Room at 10:00am on Wed., Jan. 11. Additional working meetings can be arranged.

~Barb Barna, Chair

Newcomer Introductions **Wed., Jan. 18 - 4:00pm - KOTV**

Don't miss this opportunity to become acquainted with some of our newest neighbors. These introductions by the Newcomers Committee on KOTV on the third Wednesday of the month will continue well into 2023. We have an abundance of new residents!

~Sharon Furrow

From the John Bartram Arboretum Shagbark Hickory (*Carya ovata*)

The shagbark hickory is a relatively common tree in the eastern United States and southeastern Canada. Resident Don Parker discovered a very tall one here in our arboretum. Walking around Green Pond and then Hidden Pond, he saw the hickory way up between maples and oaks. Its outer husks and shells lay on the ground beneath the tree, mostly cracked open, the nuts eaten by animals. (Some of the nuts are on the display table in Heiser Lounge.)



Shagbark hickory nuts.

Photo credit: Paul Wray, Iowa State U.

Native hickory trees can grow to a height of over 100 feet. Ours may be that tall, but the terrain makes it very difficult to measure. The tallest measured shagbark, in Savage Gulf, Tennessee, exceeds 150 feet.

A shagbark hickory can live more than 350 years. It grows slowly, less than 12 inches a year. Its top should get at least six hours of sunlight a day. It will naturally lose lower branches when crowded in a forest.

A shagbark has often been planted by small animals that take seeds and



An older shagbark hickory, with bark showing characteristic long curly strips or plates.

Photo credit: ohiodnr.gov.

bury them some distance away from the parent plant. Though it tolerates a variety of soils and moisture, it is difficult to transplant because of its taproot.

Leaves of a shagbark are alternate and compound. They have five to seven toothed leaflets, of which the pair nearest the tip is usually the largest.

Deer eat the tree's stems and buds. Many other mammals (bears, foxes, mice, chipmunks, squirrels, rabbits), as well as birds, like its nuts. Bats make their homes in its bark.

Because hickory wood is very strong and flexible, it has been used for shovel handles, ladder rungs, and sports equipment. Andrew Jackson, the seventh U.S. President, was nicknamed "Old

Hickory," because he was considered tough as a hickory tree.

Its nuts are delicious! I grew up in Michigan and hunted for them in the woods, cracking them out of their shells and eating them in cookies and cakes.

~Anne Helm for the Arboretum Committee

References:

- National Wildlife Federation (www.nwf.org)
- www.Srs.fs.USDA.gov
- <https://ohiodnr.gov>
- NYTimes, 11/29/2022



Shagbark hickory cabinets.

Photo credit: Rachel Duncan

Looking for Someone?

Find profiles of all residents, newcomers and old-timers, in *Who's Here* on the library center bookcase.

Did You Know That?

Garden waste does NOT go in the trash rooms.

Garden waste is picked up by Facility Services employees regularly, says FS Assistant Director Ryan Stalzkowski.

Residents should place garden refuse in paper bags – either your own or the bags provided by the Horticulture Committee (in two sizes), available in trash rooms at each parking lot. It is important to use the paper bags; otherwise, FS employees must take the time to empty each non-compostable bag into the compost bin and place the bag into the trash.

Cottage residents place bags of garden waste outside their trash rooms. Apartment residents put garden waste outside an apartment door and let FS know where it is. For a large amount, residents may leave it by their garden. In either case, the Grounds crew will pick it up.

2022 Residents' Gifts to Staff Holiday Fund Extend Thankful Season for KaO Staff Members

On December 9, Kendal staff members received an early gift from the Staff Holiday Fund collection of \$74,417.67! After deducting FICA from this amount, \$69,129.28 was distributed to 204 staff members, with amounts ranging from the minimum of \$75 to \$640.64, depending upon each staff member's Kendal tenure.

Every KaO staff member, except our department heads, received your very generous gift. With deep gratitude on behalf of our wonderful Kendal Staff Family, THANK YOU!

~Toni Merleno, Director of Human Resources & Operational Services



How to Be Tax Wise!

Smart Giving! Available Online through January

The 2022 Year End Tax Planning Webinar given by Vance DeBouter in November was recorded and may be streamed on your computer during January using this link: www.youtube.com/watch?v=JalDPATFhc

The printed text of the talk is available upon request. For more information, please contact Tom Konkoly by phone or email. ~Kendal Philanthropy Committee

Weather Emergency Meal Delivery

When potentially extreme weather such as actual or wind chill temperatures in the low to mid-teens or heavy snow and icy conditions are predicted over the dinner hour, the Administration may declare an extreme weather situation.

In that case, cottage residents have the option to order their dinner and have it delivered to the unit at no cost. When a Weather Emergency is declared, WKAO will broadcast an announcement.

Call the Dining Hotline at 775-9801 before 2:00pm to place your dinner order. Delivery will be between 4:30 and 5:00pm. ~Greg Zehe, Director, Hospitality Services

Saturday Walks

From now through March, those desiring to walk off the Kendal campus should meet at the Heiser Reception Desk at 9:00am every Saturday. We will decide whether to walk that day (weather permitting) and carpool to the destination. The walks are leisurely, 1-3 miles, and generally scenic. Come join us! Questions? Contact Phil Pritchett.

Table Tennis Hours

Regular hours for table tennis have been set for Wednesday, Friday, and Sunday, 10:00am to 12:00pm in Heiser Auditorium.

Come and play! All are welcome!

~Sidney Rosenfeld, Co-Chair,
Sports and Recreation Committee

Let's Dance!

English Country Dancing

Sundays - 7:15pm
Heiser Auditorium
Contact: Judy Cook

Line Dancing

Mondays - 5:00pm
Heiser Auditorium
Contact: Dan Reiber

Square Dancing

Tuesdays - 4:00pm
Heiser Auditorium
Contact: Donna and Larry Steele

Rollator Line Dancing

Tuesdays - 5:15pm
Heiser Auditorium
Contact: Dan Reiber
Where happy feet meet happy music.



Church Services

First Church in Oberlin, UCC
Sun., 10:00am, WSCC

Oberlin Friends Meeting
Sun., 10:30am, Ed Center and Zoom

Oberlin Unitarian Universalist Fellowship
Sun., 11:00am, Zoom

Roman Catholic Mass
St. Patrick's Cathedral, NYC
Sun., 11:15am, WSCC

Christ Episcopal Church
Sun., 12:30pm, WSCC, YouTube

Catholic Communion Service
Sat., 3:30pm, Green Room

UU Gathering
Cultivating Resilience
Rev. Mary Grigolia
Tues., Jan. 24 - 2:00-3:00pm
Green Room

Share your stories on how you nurture your own resiliency. What keeps you centered during these trying times? All are welcome.

The Kendalight

Monthly newsletter of the

Kendal at Oberlin Residents Assn.

600 Kendal Dr., Oberlin, OH 44074

Managing Editor: Elizabeth Aldrich

Associate Editor: Suzanne McDougal

Proofreaders: Polly McIlrath, Kathy

Reichard, Mary Simons

Profile Photos: Sally Nelson-Olin

- Deadline for the February 2023 issue of *The Kendalight* is January 15.

- The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

- Note: Please submit articles by email to our address: Klite600@yahoo.com

- If no email access, please type article on separate sheet, sign, and place in *The Kendalight* open mailbox.

- All articles must carry a signature and telephone number.



Dining and Nutrition Services



Several people have raised a concern with Dining Matters Committee members about the number of noncompostable, nonrecyclable containers being used at resident meals. By dining in, we may reduce more than the volume and cost of plastic trash.

So here are some things we can do to address this problem. Of course the most obvious way Kendal diners can reduce dining trash is to eat in the dining room. That way we do not need to use any containers. The dining staff tell us that at least 50 to 75 residents still pick up their meals and eat in their homes rather than staying to enjoy conversation with companions in Langston or the Fox and Fell.

If you have forgotten how stimulating it is to exchange ideas, recollections, and laughter with friends over a meal, please try it again. You will accomplish more than cutting back on trash generation.

But there is more you can do. If you are ordering extra soup, salad, or dessert, or you have leftovers when you are dining in, bring a suitable container from home. By law, Kendal cannot pack food in residents' containers, but servers can certainly bring the extra food to the table on a plate or in a bowl so that you can transfer it to your container or plastic bag.

If you use Kendal's containers to transport food, bear these costs in mind: a clear plastic 8x8 inch container = \$.21, a clear plastic 6x6 inch container = \$.13, a 12-ounce compostable soup cup = \$.14, a 12-ounce soup cup lid = \$.18, a 12-ounce compostable beverage cup = \$.11, a 12-ounce beverage cup lid = \$.05. Those costs may seem minor, but when you multiply them by the number of containers used each day, the costs become significant. And of course the clear plastic containers and plastic lids are neither com-

postable nor recyclable, so they immediately become trash.

In recent weeks we have been receiving compostable salad boxes as an experiment. There have been some complaints about difficulty in closing the lid of the box. If you thread one corner of the sealing flap into the slot first, you can pull the entire flap through and then fold it back on itself. See what you think of these boxes; they are at least compostable.

By the way, there have been rumors that the compostable containers are not being composted. Greg Zehe assures us that they are put through the composter and added to Kendal's compost.

While we are talking about costs, the green plastic reusable meal boxes cost \$8.19 each. Please do not place them in a microwave because they form a scale that cannot be removed. Rinse or wipe them out when you have emptied them and return them promptly to the kitchen. Keeping them or throwing them away means an unnecessary expense for us all.

You may recently have been given a small reusable plastic box for small food items. These cost \$2.38. They also should not be microwaved and should be returned so that they can be sterilized and dried in the kitchen before reusing.

These are steps all Kendal diners can take to be more responsible and cost effective in our consumption of food, for the good of Kendal and the environment. We hope to see you in the dining room, and we will cheer if you arrive with your own containers for leftovers.

~Barbara Pierce, Dining Matters Chair

Call 775-9868 to hear announcements and menus of the day.



Event Links

- For "inside Kendal" program links, **contact Carol Harvey.**
- For "outside Kendal" community cultural and educational ad hoc events, **contact Barbara Gordon-Lickey.**

Centering Time With Indira Palekar Mondays - 11:00-11:30am Zoom and WSCC

You are invited to participate in Centering, a meditation-focused opportunity each Monday.

Psychologist Indira Palekar offers the Kendal community a time to reflect on topics that are suggested by the current participants.

Recent topics have included forgiveness, compassion, autonomy, connectedness, and gratitude. Indira also suggests a self-reflection practice to carry you through the week.

For the Zoom link, contact Kim Peters (kpeters@kao.kendal.org).

Grief Support Group Tues., Jan. 24 - 10:00am Green Room All are welcome.

Dementia Friendly Discussion Group Fri., Jan. 27 - 10:30am Ed Center Training Room

Note room change! All are welcome.



It's a new year and time for a new resolution! I plan to visit my friends in the Stephens Care Center one more time each month than I did last year. Let's all have a better year in 2023. **STAY CONNECTED.**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|--|---|---|
| <p><u>First Church Service</u> 10:00am WSCC</p> <p><u>Quaker Worship</u> 10:30am Ed Ctr, Zoom</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see p. 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am Zoom, WSCC</p> <p><u>Baking Show</u> 2:00pm WSSC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary (see p. 4)</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>Rick Steve's Europe</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 1/11</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV 1/11 & 1/25</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Jazz Listening</u> 2:00pm Penn 1/19</p> <p><u>Ken Burns: Lewis & Clark</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Art History</u> 2:00pm WSCC</p> | <p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see p. 4)</u> 7:15pm AUD, KOTV</p> |
| <p>1 Happy New Year!</p>  | 2 | 3 | <p>4</p> <p>Big Bus: Cleveland Museum of Art 9:30am-4:00pm </p> | 5 | <p>6 Twelfth Night</p> <p>Artist's Talk Stuart Pearl 4:00pm HL</p> <p>12th Night/Epiphany Celebration 5:00-5:30pm HL</p> | 7 Orthodox Christmas |
| <p>8</p> <p>Chamber Music Zephyr (KaO recorders) 4:00pm AUD</p> | <p>9</p> <p>Suggestions and Concerns 2:00pm Crossroads</p> <p>Cosmos as Seen by JWST Jillian Scudder 7:15pm AUD, KOTV</p> | <p>10</p> <p>LLL Class: Understanding Viruses Yolanda Cruz 10:30am AUD ONLY</p> <p>Carnegie Hall Preview Concert, Oberlin Orchestra and Choirs 7:30pm Finney </p> | <p>11</p> <p>Coffee Hour with BT 9:30am F&F, Zoom, KOTV</p> <p>Lunch Bunch Don Tequila, Amherst 11:30am-2:00pm </p> | <p>12</p> <p>Artist's Talk Helene Aarons 4:00pm HL</p> <p>Rod Knight Runs Len's Trolley 5:15-6:15pm HL</p> | <p>13</p> | <p>14</p> <p>Met. Opera in HD <i>Fedora</i> (Giordano) 1:00pm Apollo Tx </p> <p>Second Saturday Film: Balzac and the Little Chinese Seamstress 7:15pm AUD</p> |
| <p>15</p> <p>Chamber Music Piano Recital 4:00pm AUD</p> <p>Oberlin Sonny Rollins Jazz Ensemble 7:30pm Dionysus Club (the 'Sco) - Wilder </p> | <p>16 MLK Birthday</p> <p>Where 2 Turn? 2:00pm Green Rm</p> <p>Examining Racism Renee Romano 7:15pm AUD, KOTV</p> | <p>17</p> <p>LLL Class: Understanding Viruses Yolanda Cruz 10:30am AUD ONLY</p> <p>Carnegie Hall Preview Concert, Oberlin Orchestra and Choirs 7:30pm Finney </p> | <p>18</p> <p>Newcomer Intros 4:00pm KOTV</p> <p>Art as a Gateway Hannah Wirta Kinney 7:15pm AUD, KOTV</p> | <p>19</p> <p>No KORA Council open meeting in January</p> | <p>20</p> | <p>21</p> <p>Film and Discussion: The Seventh Seal 3:00pm AUD, KOTV</p> |
| <p>22 Asian New Year</p>  | <p>23</p> | <p>24</p> <p>Grief Support Group 10:00am Green Rm</p> <p>LLL Class: Understanding Viruses 10:30am AUD ONLY</p> <p>UU Gathering 2:00pm Green Rm</p> <p>Solo Diners 5:30pm Den</p> | <p>25</p> <p>Exchange with Barbara Thomas 4:00pm AUD, KOTV</p> | <p>26</p> <p>Our Broken Immigration System Steve Volk 7:15pm AUD, KOTV</p> | <p>27</p> <p>Dementia Friendly Discussion Group 10:30am Ed Center</p> <p>Play Readers: <i>Shadowlands</i> 1:30pm AUD, KOTV</p> <p>ASL Class 1:30pm Ed Center</p> <p>Opera: <i>Alice Tierney</i> 8:00pm Finney Tx </p> | <p>28</p> <p>Play Readers: <i>Shadowlands</i> 7:15pm AUD, KOTV</p> |
| <p>29</p> <p>Beethoven Violin Sonatas Peter Takács, piano with Faculty/Guest, violins 4:30pm Kulas </p> | <p>30</p> | <p>31</p> <p>LLL Class: Understanding Viruses 10:30am AUD ONLY</p> | <p>January 2023</p> <p>Zoom: See kaores.net and click "Calendar" for link.</p> <p>KOTV: Cable 920, 19-2, or 95-101</p> <p>WSCC: Cable 921, 20-1, or 96-100</p> | | | <p>Note:</p> <p>"Home" events (at Kendal) are in Bold.</p> <p>"Away" events are not.</p> |